

## ABSTRACT

**Abstract**—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged men. The subjects were 15 men, 40 to 50 years of age, who were sedentary and had no cardiovascular disease. They were randomly assigned to a 10-week training program or a control group. The training program consisted of 30 minutes of aerobic exercise, 3 times a week, at a heart rate of 150 beats per minute. The control group did not exercise. The HR and EE were measured at rest and during exercise at the beginning and end of the 10-week period. The HR and EE were significantly higher in the training group than in the control group at the end of the 10-week period. The results of this study suggest that a 10-week training program can improve the HR and EE of sedentary, middle-aged men.